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Nutri - Topics

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Sports Nutrition

Books (in order by year)

Coaches Guide to Nutrition and Weight Control. 2nd edition. P. Eisenman. Champaign, IL: Human Kinetics Publishers. 1990.

Fitness and Wellness: The Physical Connection. 2nd edition. Frank D. Rasoto. St. Paul, MN: West Publishing, 1990. 348 pp.

Nancy Clark's Sports Nutrition Guidebook. Nancy Clark. Champaign, IL: Leisure Press. 1990. 323 pp.

Fitness and Sports Medicine. David C. Neiman. Palo Alto, CA: Bull Publishing Company. 1990. 583 pp.

Women, Sport, and Performance. Christine Wells. Champaign, IL: Human Kinetics Books. 1990. 345 pp.

Beyond Training: How Athletes Enhance Performance Legally and Illegally. M. Williams. Champaign, IL: Leisure Press. 1989. 215 pp.

Food for Sport. 2nd edition. Nathan J. Smith and Bonnie Worthington-Roberts. Palo Alto, CA: Bull Publishing. 1989. 228 pp.

Nutrition in Exercise and Sport. James F. Hickson and Ira Wolinsky (eds.). Boca Raton, FL: CRC Press, Inc. 1989. 424 pp.

Eat to Compete: A Guide to Sports Nutrition. Marilyn Peterson and Keith Peterson. Chicago, IL: Year Book Medical Publishers, Inc. 1988. 371 pp.

The resources listed are judged to be accurate, readable, and available. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture. *Nutri-Topics* replaces the FNIC *Pathfinder* series and is issued in three editions: Consumer, Educator, and Health Professional/Researcher.

- Eating for Endurance.* Ellen Coleman. Palo Alto, CA: Bull Publishing. 1988. 158 pp.
- Nutrition for Fitness and Sport.* 2nd edition. M. Williams. Dabuque, IA: Brown Publishers. 1988. 386 pp.
- Nutrition for Sport.* Steve Wooton. New York, NY: Facts on File Inc. 1988. 199 pp.
- The Human Fuel Handbook: Nutrition for Peak Athletic Performance.* A. Shields and R. Roden (eds.). New York, NY: Facts on File Publications. 1988. 310 pp.
- Eating on the Run.* Evelyn Tribole. Champaign, IL: Life Enhancement Publications. 1987. 131 pp.
- Exercise Physiology: Energy, Nutrition, and Human Performance.* 2nd edition. W. D. McArdle, F.I. Katch and V. L. Katch. Philadelphia, PA: Lea and Febiger. 1986. 696 pp.
- Nutrition in Sport: Proceedings of the National Symposium.* D. Shrimpton and P. Berry-Ottaway (eds.). London, England: Shaklee. 1986. 86 pp.
- Sports Nutrition: A Guide for the Professional Working with Active People.* Jacqueline Marcus (ed.). Sports and Cardiovascular Nutritionists (SCAN). Chicago, IL: American Dietetic Association, 1986. 161 pp.
- Nutritional Aspects of Human Physical and Athletic Performance.* M.H. Williams. Thomas Publishers. 1985. 553 pp.
- Nutrition for Sport Success.* Ann C. Grandjean. Washington, DC: Nutrition Foundation, Inc. 1984. 48 pp.
- Food Power: A Coach's Guide to Improving Performance.* Rosemont, IL: National Dairy Council. 1983. 36 pp.

Nutrition Education Approaches (publications in order by year)

- "Developing a sports nutrition practice." Nancy Clark. *Nutrition Today*, 24(3):35-37. May/June 1989.
- "Dietary intakes of female college athletes: the need for nutrition education." Susan Tilgnerand and Rosita Schiller. *The American Journal of the American Dietetic Association*, 89(7):967-969. 1989.
- "Case studies in sport nutrition." Nancy Clark. *Physician and Sportsmedicine*, 16(6):130-132. June 1988.

- "Nutrition education for elite female runners." Nancy Clark, et al. *Physician and Sportsmedicine*, 16(2):124-128, 130, 133-134, 136. February 1988.
- "Sports nutrition: a practical approach." J.R. Berning. *Directions in Applied Nutrition*, 1(7):4-6. May 1987.
- "Chart notes from a sports nutritionist." Nancy Clark. *Physician and Sportsmedicine*, 14(2):77-82, 85. February 1986.

Nutrition Knowledge and Dietary Practices of Athletes (publications in order by year)

- "Nutrition knowledge and dietary practices of college coaches." Gail Corley, Mary Demarest-Litchford and Terry Bazzarre. *The Journal of the American Dietetic Association*, 90(5):705-709. May 1990.
- "Targeting nutrition messages: nutrient supplement use by athletes." Leslie Schultz. *Food and Nutrition News*, 62(3):19-20. National Live Stock and Meat Board Research Department. May/June 1990.
- "Body composition and nutrient intakes of college men and women basketball players." Roxanne Novak, Kristi Knodsen and Leslie O. Schultz. *Journal of the American Dietetic Association*, 89(7):967-969. 1989.
- "Energy and nutrient intakes of elite adolescent swimmers." Susan Barr. *Revue de l'Association Canadienne Des Dietetistes*, 50(1):20-24. 1989.
- "Supplemental patterns in marathon runners." D.C. Nieman, et al. *Journal of the American Dietetics Association*, 89(11):1615-1619. 1989.
- "Nutritional profile of football athletes eating from a training table." James Hickson, et al. *Nutrition Research*, 7(1):27-34. January 1987.
- "Nutrition knowledge of female varsity athletes and university students." Susan Barr. *Journal of the American Dietetic Association*, 87(12):1660-1664. December 1987.
- "Women, nutrition and exercise: a review of athletes' intakes and a discussion of energy balance in active women." Susan Barr. In: *Progress in Food and Nutrition Science*, 11:307-361. R.K. Chandra (ed.). 1987.
- "Four-year study of university athletes' dietary intake." S.H. Short and W.R. Short. *Journal of the American Dietetic Association*, 82(6):632-645. June 1983.

Macronutrients (publications in order by year)

"Athletes, and food and nutrition." Alvin Loosli. *Food and Nutrition News*, 62(3):15-18. May/June 1990.

"Diet and endurance fitness." Clyde Williams. *American Journal of Clinical Nutrition*, 49:1077-1083. 1989.

"Metabolic fuels, utilization, and exercise: panel summary statements." E.S. Horton, et al. *American Journal of Clinical Nutrition*, 49:931-937. 1989.

"Nutritional effects on work performance." E. Hultman. *American Journal of Clinical Nutrition*, 49:949-57. 1989.

"Sports nutrition for the primary care physician: the importance of carbohydrate." K.B. Wheeler. *Physician and Sports Medicine*, 17(1):106-110, 112, 114, 117. May 1989.

"Water: can the endurance athlete get too much of a good thing?" Susan Barr. *Journal of the American Dietetic Association*, 89(11):1629-1633. November 1989.

"Carbohydrate nutrition and exercise." E.D. Wright. *Clinical Nutrition*, 7(1):18-27. January/February 1988.

"Carbohydrates for exercise: dietary demands for optimal performance." D.L. Costill. *International Journal of Sports Medicine*, 9(1):1-18. February 1988.

"Protein and amino acid needs of athletes." Joanne Slavin. *Nutrition Overview*, 3(2). June 1988.

"Nutrition for sport performance." C.L. Costill. In: *Scandinavian Conference in Sports Medicine, 2. An Update on Sports Medicine*, pp. 85-96. Strommen, Syntex. 1987.

"Position of the American Dietetic Association: nutrition for physical fitness and athletic performance for adults." *Journal of the American Dietetic Association*, 87(7):933-939. July 1987.

"Protein and miscellaneous ergogenic aids." Virginia Aronson. *The Physician and Sportsmedicine*, 14(5):199-202. May 1986.

"Nutrition and performance: carbohydrates, fluids and pregame meals." Richard Parr. Chapter 16. In: *The Elite Athlete*, pp. 249-263. N.K. Butts (ed.) Spectrum Publications, Inc. 1985.

Micronutrients (publications in order by year)

- “Causes of iron deficiency in adolescent athletes.” H.J. Nickerson et al. *The Journal of Pediatrics*, 114:657-663. April 1989.
- “Vitamin and mineral supplementation: effect on the running performance of trained athletes.” L.M. Weight, K.H. Myburgh, T.D. Noakes. *American Journal of Clinical Nutrition*, 47(2):192-195. February 1988.
- “Iron status and sports performance.” D.B. Clement and L.L. Sawchuk. *Sports Medicine*, 1:65-67. 1984.
- “Nutritional ergogenic aids: performance boosters? A nutrition expert sorts out the fact from fiction of the benefits and risks of vitamins and minerals for athletes.” L. Houtkooper, *Swimming World and Junior Swimmer*, 25(10):14-20. October 1984.
- “Vitamin supplementation and physical performance.” M.H. Williams. In: *The Report of the Ross Symposium on Nutrient Utilization During Exercise*, pp. 26-30. E.L. Fox (ed.). Columbus, OH: Ross Laboratories. 1982.

Weight Loss, Weight Gain and Body Composition (publications in order by year)

- “Physical exercise and energy requirements.” E.D. Wright and D.M. Paige. *Clinical Nutrition*, 7(1):9-17. January/February 1988.
- “Weight loss through dehydration in amateur wrestling.” Sharon Yarrows. *Journal of the American Dietetic Association*, 88:491-493. April 1988.
- “How physicians can help high school wrestlers control weight.” Lan Barnes. *Physician and Sports Medicine*, 15(1):166-170. January 1987.
- “Weight reduction practices in athletes: analysis of metabolic and health effects.” K.D. Brownell et al. *Medicine and Science in Sports and Exercise*, 19(6):546-556. December 1987.
- “The physiological and psychological consequences of excessive weight loss in athletics.” E.E. Boe. *Athletic Training*, 20(3):238, 240-242. Fall 1985.
- “Weight loss in wrestlers.” American College of Sports Medicine Position Paper, *American College of Sports Medicine*. 1976.

Athletes With Special Nutritional Concerns (publications in order by year)

- "Exercise and nutrition in the elderly." W.J. Evans and C.N. Merdith. In: *Nutrition, Aging and the Elderly*, pp. 89-126. N. Hamish and D. Danford (eds.). New York, NY: Plenum. 1989.
- "Nutritional concerns of the ultraendurance triathlete." E. Applegate. *Medicine and Science in Sports and Exercise*, 21(5):S205-S208. October 1989.
- "Nutritional problems and measures in elite and amateur athletes." J.D. Chen et al. *American Journal of Clinical Nutrition*, 49:1084-1089. 1989.
- "Special problems for women in exercise: pregnancy, amenorrhea." D. Hickok. In: *The Role of Nutrition and Exercise in Health*, pp. 83-87. Seattle: University of Washington. 1985.

Audiovisuals (in order by year)

- Inside Edge*. (1990) Western Dairy Council, 12450 N. Washington, Thornton, CO 80241. **Includes:** 9 min. (VHS) videocassette, six reproducible handouts, and resource list. **Content:** This video covers the following subject areas: protein, carbohydrate, pre-competition meals, fluid replacement, training diets, and traveling tips. **Audience:** High School Athletes.
- Nutrition and Eating Disorders Series*. (1990) Karol Video, 350 N. Pennsylvania Avenue, P.O. Box 7600, Wilkes-Barre, PA 18773-7600. **Includes:** A three-part video series, 1) *Afraid to Eat: Eating Disorders and the Student Athlete* (17 min.); 2) *Out of Balance: Nutrition and Weight* (16 min.) VHS videocassette; and 3) *Eating Disorders: What Can I Do?* (15 min.) VHS videocassette. **Content:** The material covers the problems created by the drive to lower weight without regard for proper diet, the devastating consequences of eating disorders, and what coaches, teachers and others can do to help the student-athlete with an eating disorder. A comprehensive set of printed material suitable for copying accompanies the series. Supplemental material includes hand-out masters on eating disorders, nutrition, weight loss, amenorrhea, and a resource referral list. **Audience:** Athletes with eating disorders, Coaches, Teachers, and Parents
- The Performance Factor*. (1990) Mediatech, Inc., Dept. E, 110 West Hubbard, Chicago, IL 60610. **Includes:** 12 min. (VHS) videocassette, educator's guide and two reproducible handouts. **Content:** This video was designed to aid understanding of fluid balance during exercise and how dehydration affect the body and athletic performance. **Audience:** Athletes.

Sports Nutrition: Fueling a Winner. (1989) Cambridge Career Products, One Players Club Drive, Charleston, WV 25311. **Includes:** 90 min. (VHS) videocassette and 40-page user manual. **Content:** This video covers pre-competition, post-competition and training meals. It also covers sports nutrition myths as well as weight management to optimize athletic performance. **Audience:** High School Athletes.

Eating Disorders and Athletic Performance. (1988) International Center for Sports Nutrition, 502 S. 44th Street, Suite 3012, Omaha, NE 68105. **Includes:** 15 min. (VHS) videocassette. **Content:** This video discusses factors precipitating anorexia/bulimia, indicators of an eating disorder, psychological effects of eating disorder behaviors, and proper methods for weight loss. **Audience:** Nutritionist, Athletes, Coaches, Trainers.

Winning Sports Nutrition. Volume I: The Training Diet. (1988) Agricultural Sciences Communications, The University of Arizona, 715 N. Park- 2nd Floor, Tucson, AZ 85719. **Includes:** 20 min. (VHS) videocassette. **Content:** This video covers how to eat a healthy diet (even at fast food restaurants), how to avoid dehydration, and how to maintain the right weight. **Audience:** Athletes, Coaches, Parents.

Winning Sports Nutrition. Volume II: The Competition Diet. (1988) Agricultural Sciences Communications, (see address above) **Includes:** 20 min. (VHS) videocassette. **Content:** This video covers eating and hydration tips for all phases of competition events. **Audience:** Athletes, Coaches, Parents.

Nutrition and The Young Athlete.. A Sports Nutrition Workshop for Coaches and Parents. (1987) Penn State Nutrition Center, Benedict House, The Pennsylvania State University, University Park, PA 16802. **Includes:** 30 min. slide presentation, script, activities and a resource packet. **Content:** This slide presentation covers key eating strategies for young athletes. Topics include basic nutrition, sports drinks, weight control, pre-game meals, ergogenic aids and sample meals. **Audience:** Coaches, Parents.

The Winning Weighs. (1985) Communication Resources, 433 Coffey Hall, 1420 Eckles Avenue, University of MN, St. Paul, MN 55108. **Includes:** 26 min. (VHS or 3/4") videocassette. **Content:** This video covers anorexia and weight control concerns of adolescent athletes. **Audience:** Teenage Athletes.

Eating for Sport. (1984) The Polished Apple, 3742 Seahorn Dr., Malibu, CA 90265-5699. **Includes:** 28 min. (VHS) videocassette. **Content:** This video features nationally recognized experts on sports nutrition discussing athletes' needs in such areas as basic nutrition, carbohydrate loading, electrolyte and water replacement. **Audience:** Young and Adult Athletes, Teachers.

Nutrition and Athletic Performance. (1984) The Hospital Satellite Network and Department of Continuing Education in Health Sciences, UCLA Extension, 10995 Le Conte Ave, Los Angeles, CA 90024. **Includes:** Syllabus and (VHS) videocassette. **Content:** This video was designed to help educators counsel physically active people regarding their nutritional needs and diet selection for training or competition. **Audience:** Sports Nutrition Educators.

Printed Visuals

Nutrition and the Young Athlete: Resource Packet. (handouts) Available from Penn State Nutrition Center, Benedict House, The Pennsylvania State University, University Park, PA 16802.

Sports Nutrition: Eating Disorders. (handout) Available from International Center for Sports Nutrition, 502 South 44th Street, Suite 3012, Omaha, NE 68105.

Sports Nutrition Handouts: Camera Ready Fact Sheets. Topics: 1) Sports Nutrition Tips; 2) Fast Food Calories; 3) Carbohydrate Loading; 4) Fluids, Dehydration and Thirst Quenchers; 5) Pre-Competition Meals; 6) Foods Highest in Carbohydrates; 7) Iron: How to Boost Your Intake; 8) Healthy Foods: Some Top Choices; 9) How to Lose Weight and Maintain Energy; 10) Tips For the Diabetic Athlete; 11) The Compulsive Athlete; 12) How to Gain Weight Healthfully; 13) Carbs "To Go"; 14) Sample High Carbohydrate Restaurant Meals; 15) Breakfast of Champions; 16) Recovery Foods After Hard Exercise. Available from Sports Medicine Systems, Inc., Sports Nutrition Handouts, 830 Boston Street, Brookline, MA 02167.

Serials

Coaching and Training Times Exceed Sports Nutritionals. Ross Laboratories, Dept. 106742, P.O. Box 1317, Columbus, OH 43216-1317.

Running and Fit News. American Running and Fitness Association, 9310 Old Georgetown Road, Bethesda, MD 20814.

Sports Nutrition News. P.O. Box 986, Evanston, IL 60204

Sports Science Exchange. Serial publication published by the Gatorade Sports Science Institute. Quaker Oats Company. Chicago, IL 60604-9005.

Contacts for Assistance

Local Contacts (Listed in the telephone directory)

Ask for the:

Health Department (city, county, state)	Nutritionist
Hospital	Registered Dietitian
Nutrition Consultant	Sports Nutritionist or Registered Dietitian

National Contacts

American Alliance for Health, Physical Education, Recreation and Dance, 1900
Association Drive, Reston, VA 22091. (703) 476-3400

American College of Sports Medicine, P.O. Box 1440, Indianapolis, IN 46206.
(317) 637-9200.

International Center for Sports Nutrition, 502 South 44th St., Suite 3012, Omaha, NE
68105. (402) 559-5505.

President's Council on Physical Fitness and Sports, Suite 7103, 450 5th St., N.W.,
Washington, DC 20001. (202) 272-3421.

Sports Nutrition, Education and Research, Ross Laboratories, 625 Cleveland Ave,
Columbus, OH 43216. (800) 543-0281.

Sports Nutrition Education Research Center, 217 Strain Behavior Science Center Building,
Rm 3501, Slippery Rock University, Slippery Rock, PA 16057-1326. (412) 794-7596.

Sports and Cardiovascular Nutritionist Dietetic Practice Group. American Dietetic
Association, 430 North Michigan Avenue, Chicago, IL 60611. (312) 280-5000.

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This *Nutri-Topics* was compiled by Jana Landkammer, R.D.
Graduate Assistant, University of Maryland

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